



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	<ul style="list-style-type: none"> <li>» 1 ½ C whole wheat cereal in</li> <li>» 1 C low fat Greek yogurt</li> <li>» ½ C sliced strawberries</li> <li>» cinnamon</li> </ul>	<b>Hummus Sandwich:</b> <ul style="list-style-type: none"> <li>» 2 slices whole wheat bread</li> <li>» 2 Tbsp garlic hummus</li> <li>» tomato/lettuce/onion</li> <li>» 1 cup snap peas</li> <li>» 1 apple</li> <li>» 1 lowfat cheese stick</li> </ul>	<b>Soy Lime Shrimp with Fruit Salsa</b> <ul style="list-style-type: none"> <li>» ½ C baked sweet potato "fries"</li> <li>» ½ C tossed greens salad</li> <li>» 1 Tbsp balsamic vinaigrette</li> <li>» 1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 2 fig newtons</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» PowerBar</li> </ul>
<b>Tues</b>	<ul style="list-style-type: none"> <li>» 1/2 whole wheat bagel, toasted</li> <li>» 1 Tbsp reduced-fat peanut butter</li> <li>» 1 banana</li> <li>» 1 Cup low fat milk</li> </ul>	<b>Roasted Butternut and Pear Salad</b> <ul style="list-style-type: none"> <li>» 1/2 Cup low fat cottage Cheese</li> <li>» 1 oz pretzels</li> </ul>	<b>Quesadilla:</b> <ul style="list-style-type: none"> <li>» 3 oz seasoned ground turkey</li> <li>» 2 small whole wheat tortillas</li> <li>» ¼ C low fat cheese</li> <li>» 2 Tbsp Salsa</li> <li>» 1 Cup Tossed Salad</li> <li>» 1 Cup low fat milk</li> <li>» ½ Cup Snap Peas</li> <li>» 1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» Fruit Smoothie (1 cup fresh fruit with ½ cup juice)</li> <li>» 10 almonds</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 6 oz low fat yogurt</li> <li>» 1/4 cup cereal</li> </ul>
<b>Weds</b>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 C cooked oatmeal</li> <li>» 2 Tbsp Raisins</li> <li>» 1 C low-fat milk</li> </ul>	<b>Grilled Chicken Wrap:</b> <ul style="list-style-type: none"> <li>» 1 (9in) Whole Wheat Wrap</li> <li>» 3 Oz Grilled Chicken</li> <li>» ¼ cup shredded lettuce and tomato</li> <li>» 1 tsp low fat Ranch dressing</li> <li>» ½ cup cucumber slices</li> <li>» 1 (6oz) container yogurt with</li> <li>» ½ cup strawberries and</li> <li>» ¼ cup cheerios</li> </ul>	<b>Salad with Halibut:</b> <ul style="list-style-type: none"> <li>» 2 Cups Spinach</li> <li>» 4 oz Grilled Halibut</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C diced tomatoes</li> <li>» ¼ C carrots, shredded</li> <li>» 1/4 C cooked quinoa</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» 1 peach</li> <li>» 1 C low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 oz pretzels</li> <li>» 1 Tbsp Hummus</li> <li>» 1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 graham cracker</li> <li>» 2tsp peanut butter</li> </ul>
<b>Thurs</b>	<ul style="list-style-type: none"> <li>» Fresh Veggie Omelet</li> <li>» Pumpkin Cranberry Muffin</li> <li>» 1 clementine</li> <li>» 1 C low-fat milk</li> </ul>	<b>Fall Harvest Soup</b> <ul style="list-style-type: none"> <li>» 1 whole wheat Roll</li> <li>» ½ Cup low fat Cottage</li> <li>» 1 apple</li> </ul>	<b>Black Bean Burger:</b> <ul style="list-style-type: none"> <li>» 4 Oz Black Bean Patty</li> <li>» 1 whole-wheat hamburger bun</li> <li>» 1 Tsp Ketchup</li> <li>» 1/2 Cup Fruit Salad</li> <li>» ½ Cup cucumber slices</li> <li>» 1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» 2 rice cakes</li> <li>» ¼ C applesauce</li> <li>» 1 tsp raisins</li> <li>» 1 cheese stick</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1/2 C trail mix with pretzels</li> </ul>
<b>Fri</b>	<ul style="list-style-type: none"> <li>» 2 frozen whole wheat waffles</li> <li>» 1 Tbsp peanut butter</li> <li>» 1 banana, sliced</li> <li>» 1 C low-fat milk</li> </ul>	<b>Turkey Sandwich:</b> <ul style="list-style-type: none"> <li>» 3 Slices (3 oz) Turkey breast</li> <li>» 2 Slices whole-grain bread</li> <li>» 1 slice low fat American cheese</li> <li>» 1 Tbsp mustard</li> <li>» 1 Apple</li> <li>» ½ cup baby carrots</li> <li>» 1 oz pretzels</li> </ul>	<b>Chicken Sausage and Peppers:</b> <ul style="list-style-type: none"> <li>» 1 chicken sausage link</li> <li>» ½ cup peppers and onions</li> <li>» 1 small hotdog bun</li> <li>» ½ Cup fruit salad</li> <li>» 1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» 6oz low fat yogurt</li> <li>» 1/4 cup cereal</li> <li>» 1/2 C trail mix</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» PowerBar</li> </ul>
<b>Sat</b>	<ul style="list-style-type: none"> <li>» 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato</li> <li>» 1 slice whole grain toast</li> <li>» ½ cup fruit salad</li> <li>» 1 C low-fat milk</li> </ul>	<b>Tuna salad over Mixed Greens:</b> <ul style="list-style-type: none"> <li>» 2 Cups Mixed Greens</li> <li>» 1/2 C tuna salad</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C carrots, shredded</li> <li>» ¼ C cherry tomatoes</li> <li>» ¼ cup grapes, chopped</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» 1 low fat cheese stick</li> <li>» 1 (1oz) whole wheat roll</li> </ul>	<ul style="list-style-type: none"> <li>» 3 oz Lean Steak</li> <li>» ½ C cubed, baked sweet potato</li> <li>» 6 asparagus spears</li> <li>» 1 C low-fat milk</li> <li>» 1/2 grilled peach</li> </ul>	<ul style="list-style-type: none"> <li>» Fruit Smoothie (1 cup fresh fruit with ½ cup juice)</li> <li>» 10 almonds</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 banana with 2 tsp peanut butter</li> </ul>
<b>Sun</b>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 C cooked oatmeal</li> <li>» 2 Tbsp Raisins</li> <li>» 1 C low-fat Greek Yogurt</li> </ul>	<b>Grilled Vegetable Panini:</b> <ul style="list-style-type: none"> <li>» 1/2 cup mixed vegetables (sliced carrots, cucumbers, peppers)</li> <li>» 2 slices whole wheat bread</li> <li>» 1 slice low fat Mozzarella Cheese</li> <li>» baby spinach</li> <li>» 1 Clementine</li> <li>» 1 (6oz) container low fat Greek Yogurt</li> </ul>	<b>White Bean Corn Chowder</b> <ul style="list-style-type: none"> <li>» 3 oz turkey breast</li> <li>» 1/2 C cooked green beans</li> </ul>	<ul style="list-style-type: none"> <li>» 10 almonds</li> <li>» 1/2 C cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 pear</li> <li>» 2 Fig Newtons</li> </ul>